Note

Healthcare practice and knowledge are constantly changing and developing as new research and treatments, changes in procedures, drugs and equipment become available.

The authors and publishers have, as far as is possible, taken care to confirm that the information complies with the latest standards of practice and legislation.
Principles of Diabetes Care
Evidence-based management for health professionals

2nd edition

edited by

Anne Phillips
This textbook is firstly dedicated to all my colleagues who work with people experiencing diabetes and who strive to make things better accordingly.

Also, for Ron and Joan Cooper who were simply the best parents ever and Brian Phillips - always loved.
Contents

Foreword viii
About the editor ix
List of contributors x

1 Diabetes prevention strategies 1
   Anne Phillips

2 Diagnosis of diabetes 9
   Clare MacArthur

3 Promoting healthy eating and weight loss 23
   Paul Pipe-Thomas and Catherine Storey

4 Physical activity and health 37
   Francesca Annan

5 Diabetes structured education 47
   Paul Pipe-Thomas

6 Assessing and communicating risk with people with diabetes 55
   Anne Phillips and Gillian Hawthorne

7 Goal setting: a key skill for person-centred care 65
   Gill Furze and Anne Phillips

8 Person-centred planning and making the most of diabetes reviews 77
   Phil Holdich

9 Diabesity: aims of treatment and a multidisciplinary practice team approach 93
   Chinnadorai Rajeswaran and Rhodri King

10 Anti-diabetic treatment options 105
    Paul Jennings and Myint Myint Aye

11 Blood pressure and lipid management: primary care approach 127
    Andrew Inglis

12 Optimising insulin therapy to individual need 143
    Kim Hamson

13 Hypoglycaemia in type 1 and type 2 diabetes 153
    Clare MacArthur

14 Psychosocial support for people with diabetes 177
    Jerome Wright and Anne Phillips

15 Travel and diabetes 191
    Anne Phillips and Janet Carling
16  Managing foot complications in people with diabetes  
   *Dawn Bowness and Paul Burland*  
   201

17  Assessment of retinopathy  
   *Warren Gillibrand and Phil Holdich*  
   217

18  Diabetic nephropathy  
   *Victoria Robins and Paul Laboi*  
   227

19  Recognising sexual dysfunction in people with diabetes  
   *Anne Phillips*  
   241

20  Neuropathic presentations of diabetes  
   *Ewan Masson*  
   257

21  Oral complications of diabetes: an under-recognised complication  
   *Anne Phillips*  
   267

22  Skin complications in diabetes  
   *Anne Phillips*  
   275

23  Preconception care in diabetes  
   *Eleanor Scott and Gillian Hawthorne*  
   287

24  Caring for children and young people with diabetes  
   *Carole Gelder*  
   297

25  Vulnerable adults with diabetes  
   *Anne Phillips and Stephen Phillips*  
   311

26  Diabetes-related grief and distress  
   *Anne Phillips*  
   319

27  Diabetes and older people: ensuring individualised practice  
   *Stephen Phillips and Anne Phillips*  
   327

28  Reassessing people who have been diagnosed with diabetes  
   below the age of 25 years  
   *Maggie Shepherd and Julie Cropper*  
   339

29  Severe mental illness and diabetes  
   *Sheila Hardy*  
   353

30  Managing diabetes in palliative and end of life care  
   *Theresa Smyth and Dion Smyth*  
   363

31  Making the most of team working in diabetes care  
   *Anne Phillips and Russell Yates*  
   381

Index  
   389
Foreword

It is a testament to the usefulness of this book that it has needed a second edition after four years. Chapters have been updated and new areas are covered such as goal setting, diabetes distress, and diabetes and severe mental illness. Sadly the numbers of people developing diabetes continues to rise as does the prevalence of obesity. The NHS Diabetes Prevention Strategy has been launched and for it to succeed we will need collaborative work across all health care sectors and legislation. In this latter regard the news of a soon to be introduced sugar tax is very welcome. This book is admirably placed to inform and help all agencies involved in diabetes prevention and treatment.

Professor RW Bilous
The James Cook University Hospital
Middlesbrough, UK
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Anne Phillips is a National Teaching Fellow and a Queens Nurse. She currently works as a Senior Lecturer in Diabetes Care at the University of York. She has previously worked as a District Nurse and a Diabetes Specialist Nurse in both community and acute care, and is on the editorial board of *Practice Nursing.*
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